

# Relationship Consultations



## Are you facing challenges in your relationships?

Relationship Consults at The Family Centre are one-on-one sessions designed to support individuals in addressing challenges within their relationships. These consultations provide a confidential space to discuss concerns around communication, conflict resolution, intimacy, parenting, and other relationship dynamics. Trained professionals guide participants in exploring strategies to strengthen their connections, enhance emotional understanding, and develop practical solutions tailored to their unique situations.

### BENEFITS

Relationship consults can be particularly helpful for those navigating relationship changes, managing stress, or seeking guidance on improving relationship skills.

- FREE one hour sessions
- In person, phone or online consultations
- Exploring your challenges in relationships
- Identifying solutions and finds ways forward
- Connecting you with other services, groups and resources

### WHO IS IT FOR

- Parents navigating relationship and parenting challenges
- Individuals looking for guidance on personal relationship skills
- Individuals seeking support for improving family dynamics
- Parents managing relationships after separation
- Gold Coast, Tweed, Byron, Ballina & Lismore Shire resident
- Adult over the age of 18 years

